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Royal. Arrival

▶ The Queen and Gov. Gen. Michaëlle Jean arrive for a welcoming ceremony yesterday in Halifax. The Queen is on a nine-day visit to Canada.

PAUL CHIASSON/THE CANADIAN PRESS

Queen to visit capital tomorrow

The Queen and The Duke of Edinburgh begin their visit to Ottawa with a tour of the Canadian Museum of Nature, the unveiling of a statue of Oscar Peterson and a tree planting at Rideau Hall tomorrow before joining in the Canada Day festivities on Parliament Hill Thursday. More coverage, page 5

Baby food packs adult wallop

Study finds many products high in sugar and salt {page 4}

Plan could be a bitter pill

G20 plan could trigger a depression: Economist {page 6}

Council approves new park

▶ Lansdowne Park Partnership Plan passes council with 15-9 vote ▶ Deal hinges on an agreement for a CFL team ▶ Master site plan due in November

TIM WIECLAWSKI
@METRONEWS.CA

The Lansdowne Park Partnership Plan is moving full steam ahead.

After spending nearly 11 hours debating almost 50 motions intended to tweak the plan, city council approved the plan by a vote of 15-9, which was the margin for nearly all the votes leading up to the final approval yesterday.

Barrhaven Coun. Jan Harder acknowledged that not all the details were available yet, but the vote yesterday was to move ahead with something that will be very special.

"It's an opportunity for this city to grow together," said Harder.

It's a great project, said Rideau-Vanier Coun. Georges Bedard, but he could not vote for it because it's bad planning.

"We are trying to shoehorn, into an area imprisoned by the canal, a large commercial and entertainment complex and that site really cannot accommodate it," said Bedard.

"Council can give the people of the Glebe one assurance ... (it) wants this project to work ... for members of the Glebe."
MAYOR LARRY O'BRIEN

Capital Ward Coun. Clive Doucet said he doubted any more debate would sway councillors.

A master site plan will still have to be presented to council in November for approval, said city manager Kent Kirkpatrick, and there is still opportunity to cancel the project over the next 14 months and only pay for the costs incurred by the Ottawa Sports and Entertainment Group. After that, contracts for construction will be signed and cancellation will be much more expensive.

One of the motions that did pass requires the OSEG to sign a binding contract for an expansion team with CFL within 90 days, or else the deal is off. OSEG representative Roger Greenberg said he had no problem with that.

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1 news

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CHARLOTTE EMPEY, EDITOR-IN-CHIEF

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HST goes into effect on Canada Day

TRACEY TONG
@METRONEWS.CA

Starting Canada Day, residents of Ontario and British Columbia will start paying HST on services and goods previously exempted from provincial sales taxes.

At Hulse, Playfair and McGarry Funeral and Cremation Services, Ottawans have been rushing to pre-plan services before July 1 to avoid the eight per cent increase the harmonized sales tax will mean, said COO Patrick McGarry.

Prices will also go up at Glebe Fitness, but owner Freddy Martinez doesn't expect people will be deterred.

"Ultimately, they're still going to pay," he said.

What HST does, doesn't cover

The single sales tax will be 13 per cent in Ontario and 12 per cent in B.C.

Services and goods subject to HST in Ontario include energy costs, fuel, new homes costing over $400,000, Internet fees, legal services, lawn care, snow removal, haircuts, massages, gym memberships, hotel rooms, domestic air, rail and bus travel and used cars.

The HST will not be charged on basic groceries, rent, condo fees, prescription drugs, some medical devices, child care, public transit, most health and education services and legal aid.

TRACEY TONG

TIM WIECLAWSKI/METRO OTTAWA

▶ Capital Ward Coun. Clive Doucet urged people gathered for yesterday's rally to make Lansdowne a big issue in this year's municipal election.

Anti-Lansdowne group holds rally

Opponents plan to continue fight against development ● Many 'legitimate questions' left unanswered, says campaign organizer

TIM WIECLAWSKI
@METRONEWS.CA

It doesn't matter how city council voted on Lansdowne Park, the opponents of the plan intend to continue their campaign against the development.

Friends of Lansdowne and the Centretown Citizens Coalition held a rally against the plan in front of city hall yesterday.

"The more people hear about what's going on, the more they will be convinced this proposal should be cancelled because it doesn't make any sense financially and it's a bad deal for taxpayers," said rally organizer Will Murray.

Murray said the vote cast by council yesterday was vague and when more details come out, more people will speak out against the plan.

"Are we moving the horticulture building? How much public money is actually at stake? We haven't heard any answers to these legitimate questions," said Murray. "There's a lot that will happen before they put a mall in Lansdowne Park."

Centretown Citizens Community Association president Shawn Menard urged people not to give up hope of reversing council's decision.

Council

Coun. Clive Doucet wants Lansdowne to be an election issue

- Ottawa residents elect a new council on Oct. 25.
- A motion to defer the vote until next January failed by a vote of 15-9.

Man's body found after rock-jumping incident

Divers with the Ontario Provincial Police have recovered the body of an Ottawa man who died in a rock-jumping incident at Bon Echo Provincial Park near Cloyne, Ont., Saturday. The body of 26-year-old Chris Curry was located yesterday morning.

Police said Curry was jumping off the rock ledge at Upper Mazina Lake with a group of friends on Saturday evening when the accident happened.

Witnesses said Curry decided to jump from a higher ledge, but struck several rocks before landing in deep water. Friends attempted to search for Curry with no success.

TRACEY TONG

Recovery

Waters as deep as 300 feet

- OPP said expert divers used a Robot Probe underwater device to resume the search in an area found to be as deep as 300 feet.

News in brief

Bail denied in firebombing

COURT. A man charged in connection with the firebombing of a Royal Bank branch last month did not get bail.

Crash under investigation

FATALITY. Police continue to investigate the two-vehicle crash that killed a man Sunday.

Headliners at Curd Festival

ST-ALBERT. Louis-José Houde, Les Trois Accords and Kaïn are headlining the 17th annual Curd Festival in St-Albert.

Cheechoo put on waivers

NHL. The Ottawa Senators moved to cut ties with Jonathan Cheechoo yesterday by placing him on waivers. METRO OTTAWA

Accidental explosion kills 18 in Pakistan

- Truckload of 30,000 litres of chemicals explodes in Hyderabad
- Terrorism ruled out

A truck carrying chemicals accidentally exploded yesterday in southern Pakistan after pressure built up in its storage tank, killing 18 people and wounding 40, police said.

Hundreds of people rushed to the truck depot in Hyderabad city to search through the rubble of destroyed shops for dead and wounded, local television footage showed.

Authorities ruled out terrorism and determined the blast occurred from a pressure buildup, said Mohammad Ali Baloch, the senior police official in Hyderabad.

The truck was carrying 30,000 litres of "thinner," said Babar Khattak, the police chief in Sindh province where Hyderabad is located. He was not more specific about the chemical being transported. Pakistan has been wracked by terrorist attacks over the past few years, prompting the army to launch a series of offensives against the Pakistani Taliban along the country's northwest.

THE ASSOCIATED PRESS

Journalist killed

Pakistan also experiences violence at the hands of a separatist movement in the southwestern province of Baluchistan

- Separatists shot and killed a local reporter Sunday as he travelled in a vehicle with his family, said Paris-based Reporters Without Borders. Faiz Muhammad Sasoli's death raises to seven the number of media workers killed since the start of the year in Pakistan, the group said yesterday.

PERVEZ MASIH/THE ASSOCIATED PRESS

▶ Local residents gather at the site of a truck explosion at a depot on the outskirt of Hyderabad, Pakistan, yesterday.

UN summer camp for children trashed in Gaza

Masked men trashed a UN summer camp yesterday, tying up guards and slashing tents and an inflatable pool in the second such attack blamed on suspected extremists in just over a month — a sign of how, in Gaza, youth camp is not just about crafts and volleyball.

Rival day camps by the United Nations and Gaza's Islamic militant Hamas rulers compete for the hearts of the next generation, the roughly 700,000 children under 15 who make up nearly half of the Gaza Strip's population.

Hamas camps teach an anti-Israeli doctrine and military-style marching, along with horseback riding, swimming and Islam. UN camps try to instil hope in a better future, a message wrapped in fun and games.

The UN says it hopes to help shield Gaza's children against the lure of militancy, a task that's getting harder in the impoverished territory. Educators say today's children are more vulnerable than the previous generation, having witnessed war with Israel last year and the violent Hamas takeover in 2007.

THE ASSOCIATED PRESS

ADEL HANA/THE ASSOCIATED PRESS

▶ UN workers inspect the damage at a UN children summer camp in central Gaza Strip yesterday.

Strict version

- Hamas is becoming more assertive in imposing its strict version of Islam on daily life in Gaza. It has ordered male coiffeurs out of women's salons, and teenage girls are under intense pressure from teachers to wear headscarves and robes in schools.

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News in brief

▶ Mayor David Miller

No inquiry into G20 rioting?

TORONTO. The Ontario government says it's up to Ottawa to call a public inquiry into the G20 Summit that roiled Toronto.

And Toronto Mayor David Miller insists no inquiry is needed, saying the city's Police Services Board will conduct a routine review with input from citizens — and anyone who feels they were mistreated by police can complain directly to the provincial Office of the Independent Police Review Director.

But Ontario's New Democrats say there are "far more questions than there are answers" after the wild weekend of violence and the decisions that led up to it, making it essential to have an inquiry into how Toronto was chosen, security was planned, as well as police tactics and strategy over the weekend.

TORSTAR NEWS SERVICE

Population tops 34 million

STATISTICS. Canada's population now exceeds 34 million, with British Columbia showing the strongest growth rate of all provinces, according to Statistics Canada.

As of April, the national population was estimated at 34,019,000, a jump of 0.26 per cent — or 88,100 people — from January.

Immigration accounted for 71 per cent of the increase, while 29 per cent was attributable to natural increase. The four western provinces and three territories all posted growth rates above the national average.

THE CANADIAN PRESS

Sugar, spice not so nice for toddlers

Study shows many foods aimed at babies contain unhealthy levels of sodium, sugar ◐ Author warns of 'halo effect' of kid-targeted products

A study suggests pint-sized convenience foods aimed at babies and toddlers pack a grown-up wallop of sugar and salt and normalize an unhealthy diet from an extremely early age.

Professor Charlene Elliott of the University of Calgary plucked products intended for the very young off supermarket shelves and examined their nutritional makeup.

She found items such as cereal bars, child-portioned microwave dinners, fruit jelly snacks, and dessert purees for babies.

Of 186 different products, 63 per cent were found to have high levels of sodium or too many calories from sugar. More than half derived over 20 per cent of their calories from sugar.

THE CANADIAN PRESS HANDOUT

▶ Professor Charlene Elliott authored the study.

Elliott said such products have started appearing on shelves within the last five years and are likely to exploit parents who are legitimately pressed for time and want to give their children their own special clothes, toys and food.

Such foods often enjoy a "halo effect," she suggested. Parents assume the products must be healthy since they're made for children.

THE CANADIAN PRESS

"The fact that you can have things like 'premium organic first cookie for toddlers' marketed suggests that it's perfectly acceptable to be feeding your toddler a cookie or following up your baby's dinner of strained peas with baby food dessert. The normalization of these foods is something you really have to watch."

CHARLENE ELLIOTT, STUDY AUTHOR

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Queen brings her brolly to Canada

Mother Nature turns on a royal welcome 3,000 people brave the downpour to fete monarch

It rained on the Queen's parade yesterday.

A torrential downpour greeted her and Prince Philip in Halifax as they started a nine-day tour of Canada — but they both braved it royally.

The Queen, dressed in a sand-coloured overcoat, carried a bell-shaped umbrella with a yellow fringe and handle that matched her wide-brimmed hat.

Bernadette Hearns giggled like a schoolgirl moments after she met the Queen.

"It was so wonderful. She's beautiful," the Halifax woman said as the Queen completed a walkabout at the rain-sodden foot of Citadel Hill, the port city's historic British fort.

"She said, 'I hope you didn't get too wet.'"

Hearns was among an estimated 3,000 people who braved the downpour to see the royal couple.

A squad of Mounties in soaked red serge stood at attention to greet them. Gov. Gen. Michaëlle Jean welcomed the Queen as she emerged from her limousine to start her 22nd official visit to Canada.

"Look, it's a once in a lifetime ... It's wonderful. We got soaked. But that's OK."
BERNADETTE HEARNS

"Look, it's a once in a lifetime," said Hearns, her hair shielded from the rain by a plastic head scarf.

"You know ... I'm so excited. It's wonderful. We got soaked. But that's OK."
THE CANADIAN PRESS

Protest. Oil spill

▶ Demonstrators throw oil and feathers near the entrance to the Tate Britain gallery, in London, England, in protest against BP sponsorship of the arts.

DOMINIC LIPINSKI/THE ASSOCIATED PRESS

Mexican candidate shot dead

Gunmen assassinated the front-running candidate for governor of a Mexican border state yesterday.

President Felipe Calderon called it an attempt by drug gangs to sway local and state elections this weekend.

"We cannot and should not permit crime to impose its will or its perverse rules," he said on TV.

The gunmen ambushed Rodolfo Torre's vehicle as he headed to the airport in Ciudad Victoria, capital of Tamaulipas, a state torn by drugs turf wars.
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71 The Institutional Revolutionary Party, or PRI — Torre's party — ruled Mexico for 71 years before losing the presidency in 2000.

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ADRIAN WYLD/THE CANADIAN PRESS

▶ Prime Minister Stephen Harper and U.S. President Barack Obama welcome restraint.

G20 leaders cause flap with flip in spending

Beware a repeat of the 1870s and 1930s depressions, economist warns ◐ Deficit reduction policy debated

The morning after leaders of the big economies called for bitter medicine to cure the world's ills, many analysts said the prescription will lead to slower growth and at least one prominent economist said it could trigger a depression.

The alarming analysis came from Nobel laureate Paul Krugman, who argued in the New York Times that by turning on a dime from stimulus to restraint, governments are threatening to turn a recession into a depression.

"We are now, I fear, in the early stages of a third depression," Krugman writes. "Governments are obsessing about inflation when the real threat is deflation."

Even some economists who agreed with the G20 consensus, such as Craig Alexander of TD Bank and Brian Bethune of IHS Global Insight, wondered if countries such as Germany were taking austerity too much to heart. Spooked by Europe's debt crisis, leaders in Toronto, with the possible exception of Japan and the U.S., believe spending cuts to at least halve deficits in the developed world by 2013 are essential to avert, not cause, a second financial meltdown. Yesterday, the Bank of International Settlements added another official blessing.

THE CANADIAN PRESS

0.1%

That's the amount of April growth (revealed tomorrow) in Canada. Second-quarter growth is expected to be less than half of the 6.1 per cent pace in the first three months.

Billionaire lets go of Lions Gate

Billionaire activist investor Carl Icahn says he will not extend his offer for Lions Gate Entertainment Corp., worth $7 per share, which expires at the end of the month.

Icahn, who has led a battle to gain majority control of the Canadian-American independent movie company for months, defended the pricing of his offer for the company yesterday. He currently owns about 32 per cent of Lions Gate and wants to gain a stronger hold on the company and replace its board of directors.

Lions Gate said in a statement that "our financial performance is strong, our momentum is growing and our direction is clear." Based in Canada, it operates out of Santa Monica, Calif. and is known for high-profile films like the Saw horror franchise and the movie Precious: Based on the Novel Push By Sapphire.

THE ASSOCIATED PRESS

Ringing up Apple sales

Apple Inc. said yesterday it sold more than 1.7 million units of its new iPhone model in the first three days, making it the most successful product launch in the company's history in terms of sales.

The iPhone 4 went on sale Thursday in the U.S., Britain, France, Germany and Japan. The device goes on sale in Canada in late July. Analysts have said Apple is having a hard time procuring parts.

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AN OPPORTUNITY TO SPREAD THE WEALTH

She says ...

JESSICA NAPIER

During a recent Saturday morning shopping trip to the market I found myself confronted with an overwhelming array of exotic dips.

Yep, that's right. From roasted red pepper hummus to olive and feta cream cheese, it seems the cracker topping possibilities are endless these days. I lingered at this particular stall for a while; I was attending a housewarming party later that evening and had been given the responsibility for "all things spreadable."

Apparently, while I spent the last couple of years doing the whole graduate school, unpaid internship, backpacking in Europe thing, one of my much more financially responsible friends had found the time and the money to purchase her very own condo.

Although I recently hit a couple of pretty big milestones — signing the lease for a tiny (but beautiful) apartment and landing a full-time job — I can't help but think that I've fallen behind the pack a little. Sometimes it feels like everyone around me is getting promoted, or pre-approved or proposed to, while I'm just happy to be getting health benefits ... finally!

"I started to wonder — if I had this much trouble choosing between sundried tomato or spinach, how could my friends possibly be committing themselves to mortgages and husbands?"

During the 20 minutes I spent trying to pick an appropriate housewarming dip, I started to wonder — if I had this much trouble choosing between sundried tomato or spinach, how could my friends possibly be committing themselves to mortgages and husbands?

Soon I'll be moving up into that next age box — you know, the 25-29 range — which is both horrifying and exciting. I'm sad to say goodbye to those hilarious and irresponsible years of my early 20s ... but there is something to be said for maturity. Sometimes it's nice to a spend a sunny Saturday morning pondering over patés at the market instead of in bed with a serious hangover and a bass player's phone number written on your arm in eyeliner.

Ultimately, I couldn't bring myself to buy just one type of spread. I decided to waste far too much money and indulge in a variety of hummuses and tapenades and cream cheeses, because those are the silly little luxuries you can afford to overspend on when you don't have a mortgage.

Cartoon

Noteworthy

Haiti's population expected to grow

Haiti's population will continue to grow quickly despite the tremendous loss of life in the January earthquake, according to U.S. Census Bureau estimates released yesterday.

The bureau estimates Haiti's current population at 9.6 million, based on an estimated quake death toll of 230,000. It projects the impoverished country will recover and surpass its pre-quake population level by 2012. By 2050, the bureau says, Haiti will have 13.4 million people.

THE CANADIAN PRESS

metro

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G8 great value for kids

Letters & Tweets

TORONTO. Canadians are right to question the real value of hosting the G8 and G20 summits. As leader of an organization focused on making the world a better place for children, the value to me is clear.

The opportunity to speak to the most powerful global leaders at one time about the needs of those children is unmatched by any other forum.

For at least a brief moment last week, thousands of journalists told stories of children and mothers living in poverty who need global leaders to address their plight. While we hoped for much more because of this G8, 1.3 million children will survive past their fifth birthday and 64,000 women will survive pregnancy and childbirth. That is something of great value.

DAVE TOYCEN, PRESIDENT AND CEO, WORLD VISION CANADA

EDMONTON. First of all, I love Metro. However, your continued publishing of Lindsay Lohan tweets are not necessary.

If she does something truly amazing, such as cleaning herself and her reputation up, print that.

Most readers will agree that most of her tweets are not tweet-worthy.

Please find some other more interesting celebrity tweets.

DAVE STAWNICHY

G8 leaders

SEAN KILPATRICK/THE CANADIAN PRESS

What do you think of Metro's redesign?

E-mail
ottawaletters @metronews.ca
Twitter
@metroottawa

Metro has the right to edit letters and comments.

Metro Minute at World Exchange Plaza for concert

Swing by the World Exchange Plaza today at noon for a free concert by the Vince Rimbach Quartet.

Saxophonist Vince Rimbach, who graduated from the world-renowned Berklee College of Music in Boston, is one of the most respected musician-composer-arrangers in the Ottawa area.

Rimbach has played with all of the top musicians in the region.

The performance is part of a free concert series arranged by the TD Ottawa Jazz Festival, which runs until July 4.

TIM WIECLAWSKI

TRACEY TONG/METRO OTTAWA

▶ The World Exchange Plaza is located at the intersection of Albert and Metcalfe streets.

Release of Eclipse coincides with lunar eclipse Tours offer fans first-hand look at the locations where Edward and Bella embarked on Twi-adventure Facebook group launches online petition in an effort to bring more Twi-tours and events to Canada

CHRIS PIZZELLO/THE ASSOCIATED PRESS

▶ Twilight star Robert Pattinson poses with fans at the premiere of The Twilight Saga: Eclipse in Los Angeles

Fans in frenzy over Twilight countdown

LINA TOYODA
SCENE@METRONEWS.CA

Twihards, Twilight moms and fanpire friend are all part of the Twilight lexicon among the legion of fans for the hugely popular vampire saga of teen romance and divided loyalties.

The countdown is on for Eclipse, and twilighters are rustling with anticipation for the third installment to hit theatres tomorrow.

Like a cosmic coincidence, the release of Eclipse has lined up with a lunar eclipse.

Summit Entertainment, working with Canada's E1 entertainment, took this opportunity to stage a free fan event and a multi-city open air screening of New Moon on Saturday night.

"The fans of the series have just been so unwavering in their support and they're so loyal," said Charlene Coy, director of publicity at E1. "The least we could do is put on this free public event for the fans to come out and get the hype up."

The event was held in Vancouver and Toronto alongside major U.S. cities, and fans celebrated by dressing up and getting adorned as vampires at a "sparkle station" or the fake tattoo parlour that set up shop at UBC Thunderbird Park and Harbourfront Centre.

"The fans in Canada are equally as loyal as the fans in the U.S.," says Coy.

The Twilight Saga seems to have all the ingredients to concoct a perfect fantasy of everlasting love for an ordinary and, well, the "plain Jane" kind of girl, says 17-year-old Michelle Pan, creator of bellaandedward.com, one of the most well-known fan sites in the U.S.

"From what I've seen with the previews and trailers, this movie looks like it's been taken to a whole new level."
MICHELLE PAN

"Most of the fan base is teenaged girls," says Pan. "I would say like 99 per cent are all female with the occasional guy who's a fan of Twilight but there aren't very many."

Pan who lives in Austin, Texas, could be called an expert fan, and has been invited to all of the Hollywood premieres of the Twilight series and recently penned the book Bella Should Have Dumped Edward, which has fans debating hot-button Twilight questions.

"Some of the fans, they are so dedicated, they sleep in a tent outside in the middle of Los Angeles for four days straight to see these actors and actresses. That's hardcore dedication right there," she laughs.

Devoted to everything Twilight

Twifans.com is a social networking site devoted to all things Twilight. "This is a place where you don't have to be embarrassed to obsess, talk, blog, live chat and add photos about Twilight with others just like you," posts website founder Alison Genet. Members can customize their own personal pages and add photos, music and friends.

LINA TOYODA

Convention, set tours bring story close to fans

Some discussions among fans in Michelle Pan's book, Bella Should Have Dumped Edward, include: Is Bella an independent girl or is she a blank canvas that needs to rely on a man? And, Should Bella have ended up with Edward or Jacob?

The Official Twilight Convention 2010 by Creation Entertainment (best known for its popular Star Trek conventions) has one Canadian date on its tour this summer, from July 30 to Aug. 1 at Westin Harbour Castle in Toronto.

In Vancouver, Twilight set tours offer fans a first-hand look at the real locations where Edward and Bella embarked on their Twi-adventures, and a chance to hear some insider tales of where the young actors hang out while shooting in town. Go to vancouversettours.com for more info.

LINA TOYODA

SUBMITTED PHOTO

▶ Michelle Pan

Petition calls for Twi-events in Canada

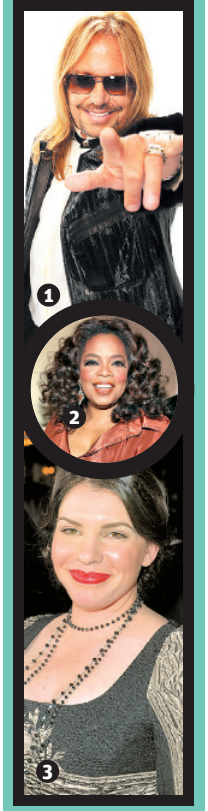
The Official Twilight Fan Club on Facebook has over 76,000 members.

In an effort to bring more Twi-tours and events to Canada, a group called "Twi-Can Petition: Bring Twilight to Canada!" currently has over 2,300 members who don't want Canada to miss out on the Twi-parade.

LINA TOYODA

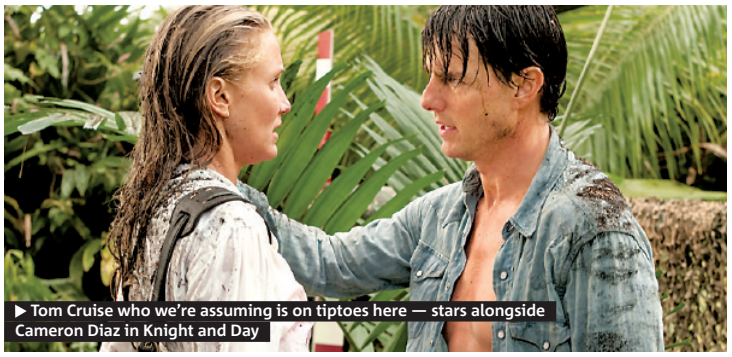
2 scene

News in brief



1. Vince Neil of Motley Crue charged with drunk driving in Vegas. METRO
2. Secret tapes say Oprah was contender for Senate seat. METRO
3. Twilight author Stephenie Meyer scores another hit with The Short Second Life of Bree Tanner: an Eclipse Novella. METRO

Scan the code to read about Steven Tyler and the breakdown and reunion of Aeromsith



▶ Tom Cruise who we're assuming is on tiptoes here — stars alongside Cameron Diaz in Knight and Day

Get it, SHORTIES!

In honour of Knight and Day, we look at other films where vertically challenged guys have landed statuesque leading ladies ◐ Tom Cruise, you're a pro

MONICA WEYMOUTH
monica.weymouth@metro.us

Who/Where		Why it worked
▶ The couple: **Tom Cruise (5'7") and Kelly McGillis (5'10")** ▶ The film: **Top Gun (1986)**		Not only does Tom Cruise seem to wear generously heeled shoes, but he goes by Maverick in this one — can't nobody hold him down.
▶ The couple: **Ethan Hawke (5'10") and Uma Thurman (6'0")** ▶ The film: **Gattaca (1997)**		Ethan Hawke is, well, Ethan Hawke — plus he bought Jude Law's DNA in this sci-fi flick. The costars married after the film (although later divorced).
▶ The couple: **Ben Stiller (5'6") and Cameron Diaz (5'9")** ▶ The film: **There's Something About Mary (1998)**		The three inches between them only adds to the "why is this supermodel talking to Ben Stiller in braces?" dynamic.
▶ The couple: **Tom Cruise and Nicole Kidman (5'11")** ▶ The film: **Eyes Wide Shut (1999)**		These two were married. And in 2006, Cruise walked down the aisle with another who would tower over him in red carpet heels — Katie Holmes, 5'9".
▶ The couple: **Ben Stiller and Jenna Elfman (5'10")** ▶ The film: **Keeping the Faith (2000)**		It's a weird duo, for sure — but in the end, we think Stiller's rabbi is a more-likely, less-creepy match than Edward Norton's priest.

SOURCE: IMDB.COM | PHOTOS: GETTY IMAGES

When Cruise was Hollywood king

◐ Before all the couch-jumping, Tom Cruise was Hollywood's true Top Gun ◐ A look at his 5 best films

THE ASSOCIATED PRESS

▶ Tom Cruise has been nominated for an Oscar three times.

Before all the creepy laughter in leaked Scientology videos, before public spats with Matt Lauer and Brooke Shields, Tom Cruise wasn't just THE A-lister among all Hollywood A-listers, he was also an actor who could really act.

In recent years, his off-screen antics have overshadowed his on-screen talent, but this may change with his newest turn in the action film Knight and Day.

With that in mind, let's take a look at a few of his strongest roles:

Magnolia (1999)
Pretty much universally recognized as his best work ever, it earned him the third of his three Oscar nominations. As cocky self-help speaker Frank T. J. Mackey, Cruise electrified Paul Thomas Anderson's opus about intertwined lives — and falling frogs — over one day in Los Angeles. He was totally commanding in his arrogance on stage, yet also laid himself bare watching the death of his father (Jason Robards) and struggling with the conflicting emotions it stirred.

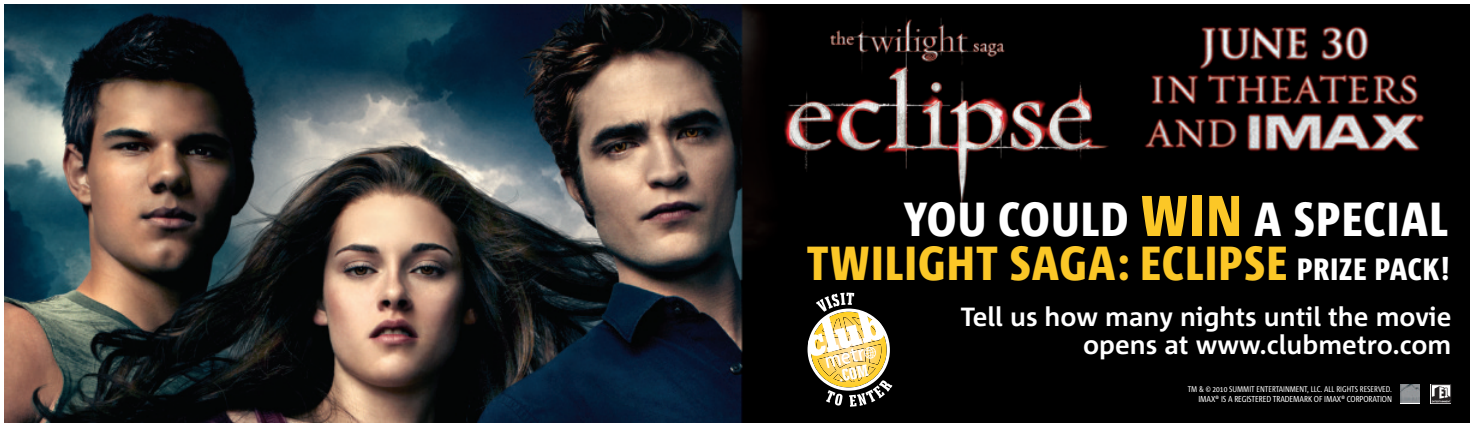
Jerry Maguire (1996)
OK, so maybe the "You complete me" scene is more than a little cheesy in retrospect. Still, his performance as a sports agent trying to rebuild his career and his personal life allowed him to show the full range of highs and lows within him.

Born on the Fourth of July (1989)
Here's where Cruise showed his ability to dig deep, and do more than just charm us by flashing that sexy smile of his and working his high-energy, verbal magic. (This was his first Oscar nomination for best actor.)

Minority Report (2002)
Sure, the visuals and the bold ideas are what you probably remember from Steven Spielberg's darkly thrilling sci-fi drama, based on the short story by Philip K. Dick. But Cruise is at the centre, holding it all together confidently as the straight man in a fantastic, futuristic world, even as his detective character, John Anderton, goes on the run for a crime he hasn't yet committed. Delivering a rare understated performance really works for him here.

Risky Business (1983)
Of course, the movie that made him a star in the first place. In retrospect, it's a classic Tom Cruise role, the prototype: a young guy who has it all and thinks he has all the answers, only to experience a comeuppance.

THE ASSOCIATED PRESS



This summer, stay inside

Why risk sunburn and a sandy butt when there are a bunch of new series to keep you entertained? Freshman shows to watch until your fall favourites return

AMBER RAY METRO WORLD NEWS

If you miss ... Southland
Watch ... Rookie Blue
Missy Peregrym (Reaper, Heroes) leads a cast of five rookie cops getting a crash course on what it takes to be among the city's finest.
Premieres June 24

If you miss ...
Curb Your Enthusiasm
Watch ...
Louie
Like your comedians cranky and down on their luck? Louis CK's stand-up-inspired sitcom is the stuff of (hilarious) nightmares.
Premieres June 29

If you miss ... Lost
Watch ... Haven
It's not from J.J. Abrams and there's no island, but Haven is based on Stephen King's The Colorado Kid series and does involve supernatural people.
Premieres July 9

If you miss ...
Gossip Girl
Watch...
Pretty Little Liars

Secrets? Serena van der Woodsen's got nothing on these cliquey ladies, who begin receiving mysterious messages from their supposedly dead bestie.
Airs Thursdays

If you miss ... Project Runway
Watch ... Work of Art
Who's cattier than fashion designers competing against each other on a career-defining TV show? Artists competing against each other on a career-defining TV show.
Airs Wednesdays

If you miss ... The Vampire Diaries
Watch ... The Gates
For people who like a little bite to their soapy dramas, the neighbours in this posh gated community happen to be vampires.
Airs Sundays

If you miss ... Justified
Watch ... Memphis Beat
Jason Lee plays a Southern-fried detective who spends his nights as an Elvis impersonator, which is probably a better hobby than the whiskey-soaked Raylan Givens' proclivity toward shooting everyone. **Premieres June 22**

If you miss ... Breaking Bad
Watch ... The Big C
A control-freak high school teacher (Laura Linney) is diagnosed with terminal cancer and redefines her life. She keeps the information from loved ones — but at least she's not cooking meth. **Premieres August 16**

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DVD Releases this week Buy it ●●●●● | Rent it ●●●● | Borrow it ●●● | Yawn ●● | Don't bother ●

Blast from the past

Hot Tub Time Machine
Genre: Comedy
Director: Steve Pink
Stars: John Cusack
Rob Corddry, Chevy Chase
●●●○○

The decade of giant hair, shoulder pads, neon colours and bad synthesizer music is perfect for plundering, yet Hot Tub Time Machine leaves the booty largely intact. Like the wonky Jacuzzi that gives the film its title and nutso travel mode, the movie operates in fits and starts.

It's directed by Steve Pink, friend and business associate of Hot Tub star John Cusack, who revisits and relives his '80s past along with fellow time travellers Rob Corddry, Craig Robinson and Clark Duke.

The committee of clowns behind the Hot Tub screenplay amused themselves by grafting the buddies-gone-wild hilarity of The Hangover with the time-altering drama of Back to the Future and a host of other '80s flicks.

Hot Tub begins in 2010, with three close pals who have arrived at middle age with their dreams thoroughly dashed. Adam (Cusack) is selling insurance and pulling arrows out of his butt from his latest breakup; Nick (Robinson) is a henpecked hubby in a dead-end service job; and the perpetually wasted and chronically unemployed Lou (Corddry) has been dicing with the Car Exhaust Death Machine.

Lou's flirtation with forever prompts the lads to return to the scene of their wild 1980s dreams, the alpine adventureland called Kodiak Valley where they once lived large and loud.

About that time travel thing: Suffice to say it really does involve a hot tub. The lads find themselves back in the Kodiak Valley of 1986, magically looking like they did in their youth but still possessing the bad judgment and erratic fortunes of middle age.

The four guys do manage something approximating The Hangover's quartet of fools. Yet as warm and inviting as Hot Tub is, there's the unmistakable feeling that many satiric targets have been missed, or ignored in favour of gross-out humour more appropriate to the 1990s. ● PETER HOWELL

Rush: Beyond the Lighted Stage
Genre: Documentary
Director: Sam Dunn
Scot McFayden
Stars: Geddy Lee, Alex
Lifeson, Neil Peart
●●●○○

Toronto's Geddy Lee, Alex Lifeson and Neil Peart received their collective star on the Hollywood Walk of Fame last week for their power trio Rush, and that means these Canuck prog rockers have finally made it, eh?

Don't believe it. A big part of Rush's appeal is its perennial underdog status, four decades into a career of matching heady poetry to electrified wails. They continue to be "the world's biggest cult band," as Lee modestly assesses the situation in this sterling documentary.

And he's right, even though Rush has millions of believers, including many of their fellow rock gods, Gene Simmons, Billy Corgan and Trent Reznor among them. Only the Beatles and Rolling Stones have more consecutive gold and platinum studio albums than Rush, yet Lee, Lifeson and Peart still can't get respect from Rolling Stone magazine, the Rock and Roll Hall of Fame or from many rock critics.

Co-directors Scott McFadyen and Sam Dunn approach the band as fans, but also as serious scholars who aren't afraid to discuss both the good (Moving Pictures, 2112) and the not-so-good (Caress of Steel).

The Rush guys are equally candid, opening up on their strengths and weaknesses and triumphs and tragedies. A wealth of archival material paints the most complete picture yet of these humble heroes, who continue to rock as hard as ever. ● PETER HOWELL

The White Ribbon
Genre: Drama
Director: Michael Haneke
Stars: Christian Friedel
●●●●○

Michael Haneke's Palme d'Or winner from the 2009 Cannes fest plays like a particularly disturbing episode of The Twilight Zone. Set in a rural Protestant village in Germany on the cusp of World War I, it tracks the rise of fascism in the slow disintegration of social values. Acts of violence and vandalism seem at first to be random, but begin to take on the shape of retribution; Filmed in glorious monochrome and with Haneke's keen sense of the sins of man. ● PETER HOWELL

The Audio Files

BRYAN BORZYKOWSKI
SCENE@METRONEWS.CA

PRIZE WORTHY CANUCK MUSIC

On July 7 the Polaris Music Prize short list will be announced and the lives of a number of Canadian musicians may change

▶ Hannah Georgas, above, and Ghostkeeper, right, are among 40 musicians with albums on the long list for the Polaris Music Prize.

While the Polaris Music Prize isn't as well-known as the Junos, winning — and sometimes nominated — musicians still see record sales rise, increased attendance at shows, and more than a few winning artists tell me that the international media always bring it up. Knowing this is a big responsibility for jurists because so many Canadian albums come out every year and picking bands is no easy feat. Here the five the records that I choose on my short list ballot. They're all albums you should listen to right now.

Shad, *TSOL*
Born in Kenya and raised in London, Ont., the 28-year-old rapper's charm lies in his ability to fuse thoughtful rhymes with a sense of humour. The song A Good Name, off this, his third and best record, encapsulates all that's great about this disc.

Hannah Georgas, *This is Good*
A lot of solo artists send me bad records. But, as soon as I popped Georgas' debut record on I was floored. The Vancouver-born singer-songwriter has mastered the indie pop hook — her songs are loaded with infectious choruses, sweet melodies and charm.

Ghostkeeper, *S/T*
Calgary five-piece Ghostkeeper should be the definition of a Polaris Music Prize nominated act — they push boundaries, take risks and, most importantly, make good music.

Yukon Blonde, *Yukon Blonde*
Vancouver's had a great year musically, and that's in no small part to Yukon Blonde. The trio plays a stunning blend of '60s inspired rock, complete with lush harmonies and impressive instrumentation (especially the drums). They combine the best parts of CSNY, Thrush Hermit, Midlake and more.

You Say Party! *XXXX*
You Say Party! has had a terrible few months to say the least — their drummer died in April, after suffering a massive brain hemorrhage during a gig — but that shouldn't take away from the great work they did on their fourth record, XXXX. The disc is rife with great electro pop moments and the subject matter, which was inspired by the band's near breakup and the members' renewed respect for each other, is what makes this album stand out.

Your views, metronews.ca

Gibson's lawyers strike back at ex

Abuse allegations by ex-girlfriend Oksana Grigorieva are slammed by the actor's expensive legal counsel

Mel Gibson's lawyer is striking back at allegations by Oksana Grigorieva that he physically assaulted her during an argument, according to Hollyscoop. "Mel was hopeful their breakup was behind them and Lucia would be the beneficiary of co-operative parenting," says Stephen Kolodny, who insists Grigorieva is making the claims in order to win better access to the couple's eight-month-old daughter. "Apparently Lucia will be denied that good fortune. Making sensational allegations is not the way to resolve this. Mel wants a custody settlement or a resolution in court, not the media."

Grigorieva's accusations come months after the Russian pianist spread cryptic messages about the reasons behind the couple's split. While the Aussie-reared actor has remained silent up to now, sources say Gibson has been forced to fight back in the media for fear of losing his reputation and custody of his daughter.

On June 25, Gibson filed for a restraining order against Grigorieva, 40, in the Los Angeles Superior Court. Radar Online reports that the case is sealed, meaning the documents cannot be released to the public.

METRO WORLD NEWS

GETTY IMAGES

▶ Back when their baby had a chance at a therapy-free life

Talking points

Lohan hawks new TV show

COMING SOON TO THE DELUSIONAL CHANNEL Dina Lohan has a new reality TV project for any interested networks, and to sweeten the deal she's promising appearances by Lindsay Lohan, according to Page Six. "We have already started filming. The cameras follow us in our daily lives and as we promote our businesses," Dina says. "I want to prove that we are a good, hardworking family and we don't have the crazy lives that some people claim we do."

METRO WORLD NEWS

No goo goo for Lady Gaga

BABY TALK Lady Gaga has no plans to pursue motherhood — at least not now. "I'm terrified of babies," she tells Rolling Stone magazine. "I think, creatively, as a woman, you change once you give birth. I'm totally not ready for that."

METRO WORLD NEWS

No diapers, please

Celebrity tweets

Neil Patrick Harris [@ActuallyNPH] In Athens, on vacation. Hiked up to the Acropolis. Saw the Parthenon. Blown away. So much more authentic than the one in Nashville...

Chris Brown [@chrisbrown] i got dat new iphone..... but mine has a gold twist to it..

Spencer Pratt [@spencerpratt] 'Eclipse' Top Advance Ticket Seller Of Year Glad I got My ticket! NOT!

Michael Ian Black [@michaelianblack] This humidity obviously wants me dead

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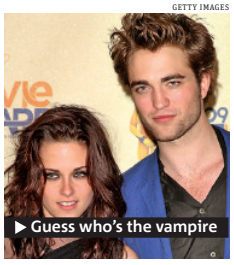

▶ Guess who's the vampire

Twilight stars engage in some post-mortem PDA ...

Twilight co-stars Kristen Stewart and Robert Pattinson have been coy when it comes to any possible off-screen romance, but the pair reportedly couldn't keep their hands off each other after the premiere of the series' latest film, Eclipse, in Los Angeles. "They were kissing, nuzzling, holding hands and embracing," a source tells E! News. The pair were spotted hitting a rooftop bar at the film's after-party.

METRO WORLD NEWS

... While werewolf Jacob prefers to howl (off-key) at the moon

Don't expect to see Taylor Lautner breaking into song anytime soon, as the Twilight star admits he's basically tone deaf. He also says he's a huge fan of American Idol, and thinks the two might be related. "I can't sing, and that's the funny thing. Maybe that's why I like watching it so much. I know there's no way I can do that," he says. "American Idol would definitely be number one for me. I haven't missed an episode in eight or nine years. I can't believe I just said that."

METRO WORLD NEWS

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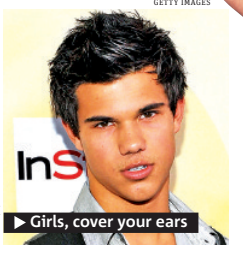

▶ Girls, cover your ears

Davis: U.S.A. has gender role to play

GIRL POWER Actress Geena Davis says Americans have "a particular responsibility even beyond our borders" to think about how women and girls are portrayed in film and television.

That's because most other nations import "the vast majority of their entertainment" from the United States, says Davis.

Davis spoke to reporters yesterday at the U.N. Economic and Social Council to promote anti-poverty and gender equality efforts.

THE ASSOCIATED PRESS

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3 life

Racquet love

Want the shoulders of a swimmer, the endurance of a marathoner and the power of a sprinter? Tennis pro and Crunch gym fitness instructor Akin Akman talks us through the game — and full body workout.

ROMINA McGUINNESS
METRO WORLD NEWS

GETTY IMAGES

▶ Rafael Nadal of Spain won this month's French Open.

Shoulders

"Strong shoulders create a more powerful swing, helping you hit the ball across the net with more power. To improve shoulder strength and reflexes, practise throwing and catching a medicine ball with a partner."

Arms

"Having strong, toned arms helps increase the speed and power with which you hit the ball but the key is really down to your core strength. It's an upward ripple as the movement stems from the core, then the twisting and hip rotation, extending out to the arm."

Core

"The body's powerhouse when playing tennis is your core. Your hip movement along with your abdominal muscles are crucial in enabling the rest of the body to respond correctly."

Legs

"To remain close to the center of gravity, the game requires you to remain low, forcing you to adopt a natural squat-like position that is great for toning and shaping your legs. Running after the ball cross the court requires short burst runs similar to circuit training. The result is a fantastic cardio workout."

Top 5

Sports to enhance your on-court performance:

1. **Running:** Long distance ruing helps build endurance. This is necessary as tennis games can sometimes go on for hours.

2. **Weights:** Lightweight training will help tone the arms.
3. **Yoga:** Helps the body relax and is one of the best exercises for stretching your muscles.
4. **Swimming:** works the lat ('latissimus dorsi', the large flat muscle on your trunk, posterior to the arm) muscle.
5. **Sprinting:** Doing short, fast sprints will train you to get to the ball quickly.

What brings it all together?

Flexibility: Flexibility helps, as tennis requires a lot of twisting from the hips. It's not a sport that will make you become more flexible, but maintaining supple muscles with plenty of stretching off-court will help prevent injuries and improve movement.

Gravity: Tennis players remain in a lowered position in order to hold a center of gravity. Staying low and closer to the ground helps them to absorb the shock of the ball coming in at high speed and to then have the power to hit it back.

Coordination: Good coordination is what brings and holds the game together, a bit like the strings on a racket. It determines the footwork and ability to hit the ball from different angles.

Agility: The constant running from one part of the court to another and chasing after the ball requires a lot of agility, jumps and quickness of step.

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No sweat, it's the pits

Scared to raise your arms on those hot summer days? From Botox to oral medications and deodorants, there are plenty of ways to keep you dry

CELIA MILNE
WELLNESS@METRONEWS.CA

Once or twice a year, Zoe Dredge has her armpits Botoxed. It sounds odd, but Botox is catching on as a treatment for hyperhidrosis — or excessive sweating. Dredge has had the condition since puberty.

"I would have excessively large sweat patches under my arms at any given time of day, despite temperature, exertion, activity, fitness, or deodorant," she says.

Dredge, who grew up in Brisbane, Australia, learned to wear lightweight, breathable fabrics. She wasn't comfortable at dances, putting her hand up in class or giving an overarm hug. She always thought her sweatiness was related to the heat of her home country.

But when she moved to often-chilly Toronto in 2007 and still had year-round "sweaty pits," she knew something was up. "When your body's fighting to remain warm and you're still sweating buckets, it makes you really aware that something is not right," she said.

Finally a friend suggested Botox. "I went for it," says Dredge, who is a bartender. The treatment was over within 15 minutes and it took full effect within two weeks. "I couldn't believe it. I still can't believe it," she says.

▶ Excessive sweating can be an embarrassing problem

Hyperhidrosis

For more information on hyperhidrosis, go to sweatmanagement.ca

"It's like a dream." She is re-training herself not to worry about what she wears. "I often catch myself having little blissfully care-free moments." She'll get it done again in seven to 12 months.

Other treatments for hyperhidrosis include antiperspirants containing aluminum chloride, oral medications, low-intensity electric current and surgery.

Keeping those whites, white

"Once white tops become stained it is time to let them go."
KELLY MILLAR

If you have excessive sweating, you can still wear white tops, but replenish your supply more often.

"Once white tops become stained it is time to let them go," says Toronto image consultant Kelly Millar. "They should always look crisp and fresh."

For fabric, Millar suggests keeping cool with natural fabrics such as cotton and linen.

Avoid clingy fabrics like jersey and especially synthetic fabrics like polyester or blends that won't breathe. Silk also tends to show sweat marks. CELIA MILNE

From the ashes

Speaking of armpits, here's a new deodorant from The Body Shop. DeoDry. It contains drying qualities of volcanic mineral in the form of an ultra-fine powder. It's that powder that provides the water absorption action.
CELIA MILNE

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Sea, surf & soul searching

Thought surfing was just for waves?
Ride your way to a balanced body and soul with surf and yoga

ROMINA McGUINNESS
METRO WORLD NEWS

Growing up on the beaches of Hawaii, Rachel Bollard has integrated yoga and surfing for years.

A true beach and board babe, she sees the ocean and waves as a liquid energy unlike any other. Surfing allows every inch of the body — from mind body and spirit — to be stimulated and yoga brings longevity, power, flexibility and calm keeping you grounded and balanced.

Mind and Core

Yoga mind control and breathing is key in surfing. If a wave breaks when the surfer is underwater, breath and mind control will enable surfers to remain calm, control their fear and keep their breathing flowing until they can come back to the surface. Yoga and surfing both work towards optimum body balance.

With yoga, core body strength helps sync breathing whereas in surfing it helps surfers be in sync with the ocean. Yoga exercises counteract the extreme nature of surfing by preventing injury, strengthening core endurance and rebuilding the body and mind.

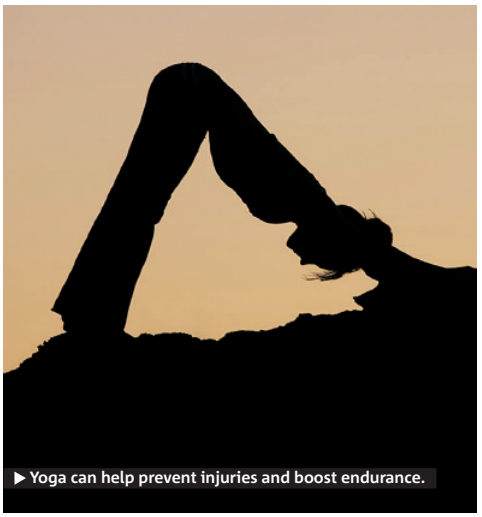
What's in a wave?

Small waves need short and quick muscle response, requiring the surfer to be light and agile. Longer waves are more challenging and will need more endurance, muscle strength and power. Building up your core strength and a flowing breathing pattern through yoga will help surfers deal with the volatility of the ocean and feel in control of the wave.

METRO WORLD NEWS

▶ Surfers require good hips to ride the waves.

METRO WORLD NEWS



▶ Yoga can help prevent injuries and boost endurance.

Paddle and ride

In order to find the perfect flow and rhythm of the ocean, a surfer must use inner body strength, the same used in yoga. When paddling out to the ocean, surfers use their shoulders and their back, then their hips are when standing on the board and riding waves. Yoga will help build flexibility in the hips and gently unwind the tissue in the shoulders and the back, reducing overall strain on the body and preventing muscle injury. Regular practice will also lengthen the body and increase awareness allowing surfers to remain calm and focused when riding challenging waves. Combined with breath control the body will be stronger and more centered.

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We could, of course, focus on the fact that coffee is one of the main culprits for stained teeth. But instead, we are more concerned about that immediate "pain" reaction. That could be a sign that you suffer from **hypersensitive teeth**.

Approximately one in four adults suffers from hypersensitivity. And if you think it is only a minor problem, we can assure you it can cause severe pain and discomfort.

The truth is that some cases can be solved simply by **brushing with a toothpaste such as Sensodyne**. For many people, this is not sufficient to solve the problem.

There are a number of potential causes for hypersensitivity. It is possible that you have an **old filling** that no longer fits well. If it is leaking, it may need to be replaced. **A new filling**, properly sealed, **may be just what you need to take away your sensitivity.**

Dr. David Lui
Dental Surgeon

However, one of the most common causes of hypersensitivity is the **recession of the gums**. As we age, it is common for our gums to recede, **exposing the root of the tooth** to all those hot and cold drinks we love so much.

The good news is that there are steps you can take to prevent your gums from receding. **Poor oral hygiene practices** are the most common culprit for receding gums. Perhaps improper brushing techniques are leaving **plaque on your teeth** near the gum line. Over time, the bacteria this will generate will result in recession at the gums.

Another common problem is **brushing too hard**. Many people brush their teeth so hard, they actually **push the gums down and away from the teeth**.

Fortunately, **your dentist can help cure your hypersensitivity**. If you are brushing too hard, your dentist will usually be able to tell and give you some tips that will help you improve your brushing technique.

If leftover plaque is the problem, a **professional cleaning** can take care of that in the short term. Then you can **talk to your dentist and have him/her show you the proper brushing technique** that will best remove as much plaque as possible.

If these steps do not alleviate the pain of hypersensitivity, you may require periodontal treatment. **Talk to your dentist to determine the best treatment option for you**. Because being able to enjoy hot or cold beverages without any pain is a healthy habit…and healthier habits lead to healthier lives.

Dr. David Lui
- Dental Surgeon

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Tips on how to get the perfect beach bum

Halle Berry's fitness trainer gives Metro the low-down on fit glutes Squates, squeezes and stairs

Celebrity fitness trainer Ramona Braganza, the woman behind Halle Berry's toned silhouette gives Metro tips on getting that perfect beach bum.

Ramona Braganza

1 **When doing your daily walk or jog, add some uphill to your route.** This activates the deeper glute muscles and also the hamstrings, helping to give you a nice butt lift.

2 **Try taking the stairs more during the day.** Make sure you don't lean forward and instead step up — keeping your weight evenly spread on your foot, consciously activating your glutes.

3 **Do some squats.** Include some deeper squats to activate the deeper glute muscles. Try using a deck of cards. Begin standing with your feet hip-width apart holding a deck of cards, take the top card and place it on the ground between your legs, bending your knees to get as low to the ground as possible. Go through the entire deck all in a row.

4 **Jump rope.** Any type of Pliometric exercise will work your glute muscles.

5 **Butt squeezes.** It can be done anywhere anytime, especially if you spend a lot of time sitting. Contract your glutes, hold for a few seconds then release. Repeat until you start to feel some fatigue.

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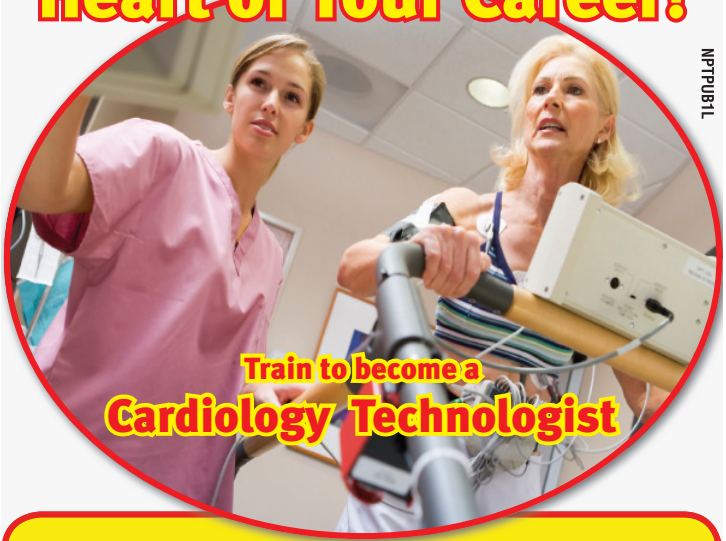

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Dressing up mac and cheese

Canada's favourite cheesy indulgence gets an upgrade with chives, bacon and gruyere

Serves 6
Prep time: 20 min.
Cooking: 20 min.

CARLO MENDOZA

▶ Mac and Cheese with Chives and Bacon

Ingredients:

- 5 Tbsp unsalted butter, plus more for preparing pans
- 2 cups white bread, crusts removed and cut into 1/4-inch dice
- 1 1/2 cups grated sharp cheddar cheese
- 2 tsp kosher salt
- 1 Tbsp olive oil
- 1/3 cup diced thick cut bacon
- 1/3 cup finely diced onion
- 3 1/2 cup milk
- 1/4 cup all-purpose flour
- 1 cup grated gruyere cheese
- 2 Tbsp chopped chives
- 1/4 tsp freshly ground black pepper
- 1 pinch ground nutmeg
- 1 pinch ground cayenne pepper
- 1 lb short noodle pasta

CONTRIBUTED BY

20 minute SUPPER CLUB
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Preparation:

1. Preheat oven to 400°F. Butter 8 (1-cup) ramekins and place on a rimmed baking sheet and set aside.
2. Microwave 2 tablespoons of butter on high until melted, about 30 seconds. Add bread to melted butter and toss to combine. Add 1/4 cup cheddar cheese and 1/4 teaspoon salt, toss again and set aside.
3. Set a large saucepan over medium heat and add oil. Add bacon or pancetta and onions and cook until onions are translucent, about 4 minutes. Drain excess oil, add milk and bring to a boil. Remove from heat and set aside.
4. In a second saucepan set over medium heat, melt remaining butter. Whisk in the flour and cook for 1 minute, stirring constantly to prevent scorching. Gradually whisk in reserved milk mixture until smooth and cook, continuing to stir until mixture bubbles and thickens, about 3 minutes. Remove from heat, stir in remaining cheeses, chives and spices.
5. Cook pasta to barely al dente, as directed on package. Drain pasta thoroughly, return to pot and stir in reserved cheese sauce. Divide mixture among prepared ramekins. Top with reserved bread mixture and bake until cheese sauce is bubbling and top is golden brown, about 15. Let rest 5 minutes before serving.

Liquid Assets

Give rosé a chance

Do real men drink pink? I say yes, and so do real women.

Problem is too many of you aren't getting the message. While rosés — those wines that get their blushy hue from either limited red skin contact with the juice or by combining red and white wines together — are the toast of the town in just about every other civilized nation; here in Canada they're about as popular as Lindsay Lohan at an Amish barn raising.

Now that summer has finally arrived wine shops across Canada will be trying to get you on the rosé bandwagon with a selection of new pinkies. Modern versions balance their fruit and acidity with the grace of a member of Cirque du Soleil and pair amazingly well with barbecue sauces and seasonal dishes when served ice cold.

While good rosé can be made anywhere, Australia, Chile, Argentina and southern France are great places from which to fill your glass. Same goes for Spain where wines like the bright and refreshing Chivite 2008 Gran Feudo Rosado ($11.95 - $14.99) can start out all ripe cherry and raspberry but end with a crisp, palate-cleansing finish.

PETER ROCKWELL
LIQUIDASSETS@EASTLINK.CA

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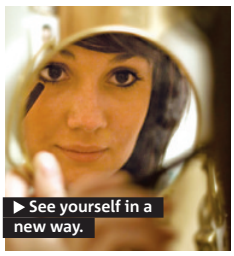
Building a 'fierce' body image

ROMINA McGUINNESS
METRO WORLD NEWS

Fries with that salad?

Most people struggle to refuse food in the company of others and saying no to poutine isn't as easy as it seems.

"Being fussy about food is often interpreted as arrogance. Humans connect by being the same and anything that makes you feel different makes you feel insecure. Ordering salad during a working lunch can make people feel uneasy because they aren't eating what everyone else is," explains nutritionist Marisa Peer, who also puts this lack of confidence down to our fear of being different.



▶ See yourself in a new way.

"Look around you. Most people you see will have been on a diet — so why should you feel undermined by your decisions?"

You need confidence, both physical and mental, to change your eating habits.

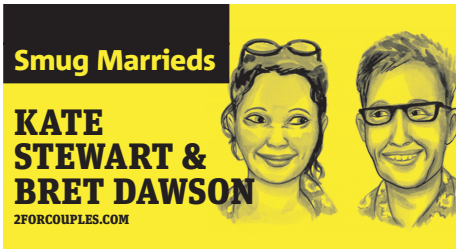
"Losing weight and becoming more physically active will make you feel and look better. When you feel good and are happy with the way you look, you will automatically gain confidence.

From there it's about turning it into a way of life.

But you have to talk yourself thin: "In order to maintain this newfound confidence you must keep talking to yourself. Think of it as bio-feedback. Your body wants to look good so you make healthier choices but then you must train your mind to resist temptation. The mind responds to emotion, being automatically drawn towards pleasure and away from pain. If you're depressed, it'll send signals to make you reach for the nearest doughnut, associating this with childhood memories of comfort and pleasure."

Resisting the urge to reach for cake requires motivation and desire, whether this is the desire to feel good or fit into a pair of skinny jeans. Setting yourself realistic goals will make the desire to eat unhealthily go away.

"Ongoing communication with the mind and body is essential. Building up the confidence to listen to what your body — not your mind— wants is key. Once you achieve that point it's unlikely you'll reach for that chocolate anytime soon," promises Peer.



STANDING UP TO THE IN-LAWS

I am no longer comfortable spending time with my common law's family because they always make backhanded compliments. I've tried talking to him about this, but he thinks I'm acting like a spoiled brat. He says that if I feel insulted, I'm a big girl and should stick up for myself. I feel that because it's his family, he should be sticking up for me. What should I do?

Kate says...
Yes, you are both right. If his family is treating you with disrespect, you have a duty to yourself to insist that they do not. Show them that you are not a person who accepts that kind of juvenile nonsense. Not to get all Oprah on you, but if you treat yourself with respect, and if you set an example with your actions and your words, they will start seeing you as someone not to be messed with. This is harder to do if you've already allowed the pattern of rude behaviour you describe to become established in your relationship with them.
Bret says...
The other possibility is that you are hateful or boring or off-putting in some way, and your in-laws are just responding like any sane and reasonable person would, and your common law is hiding the truth from you. Here are three quick questions to ask yourself. And be honest. 1) Do you baby talk to grown-ups? 2) Are you kind of a downer to be around? 3) Does your breath stink? You're welcome.

Can I still go out with the girls as much once I get hitched?

Kate says...
If you've pinpointed going out with your girlfriends as a possible problem, is it because it's a problem now? In that case you should come to an arrangement with your partner, because any problems you have now won't disappear in a sprinkling of pixie dust when you walk down the aisle. Or are you assuming it will become a problem once you're married? In that case you should take a look at your expectations for marriage. Throwing a wedding isn't going to change the way the two of you relate to each other.
Bret says...
I suspect that "the girls" aren't really girls, and that you're actually a guy who likes his hockey with many pitchers of macrobrew and many 60-inch plasma screens and many platters of wings and especially many other men. That's okay. You don't have to give that up. But you are a loser for fudging your gender in your question. Admit your love for man evenings!

Gunning for a great sex life?

Metro talks with a sexologist on the pressure couples are under to have amazing sex on certain dates Her advice? Make every day Valentine's Day

DANIEL HOLLOWAY
METRO WORLD NEWS

FLICKR PHOTO

A sexologist told Metro that the media has failed to romanticize sex enough.

How would you define the term "sexologist"?

"As someone who has had graduate-level academic training in human sexuality, has studied human sexual behaviour and psychology," says Dr. Yvonne K. Fulbright. She should know. Fulbright is a sexologist by trade, and the author of five books, including Touch Me There! A Hands-On Guide to Your Orgasmic Hotspots.

Is there a lot of pressure on anniversaries and Valentine's Day for couples to have better-than-usual sex?
There's so much hype around the holiday for men to make it not just the most romantic night, but also full of the best sex of your lives. Because it's been dictated that this holiday is more about material goods, I think a lot of people just feel like they're going through the motions rather than take it as a day to show appreciation and love, and to celebrate romance and intimacy.

"Forget trying to have sex on a regular basis ... try to fall in love all over again."
DR. YVONNE K. FULBRIGHT

What advice would you give a couple who was looking to recapture the spark in their sex life?
A lot of couples need to start over at square one, which is wooing each other. Forget trying to have sex on a regular basis — try to remember why you're attracted to each other and try to feel reconnected. Try to fall in love all over again.

How do you woo someone who sees you drooling on your pillow in the morning?
Approach it delicately. Say, "I want to start doing special things for you. I've got a couple ideas of my own (even if you don't), but I feel like I can do a better job if you tell me what would be meaningful to you." The other person might not know what to make of it at first, but ultimately they're going to feel like their ego has been stroked. People like feeling flattered, they like feeling desired. That's what has always annoyed me personally about this holiday: People should treat every day like it's Valentine's Day. We shouldn't just be nice to each other once a year.

Does the way the media portrays sex and romance set unrealistic expectations for Valentine's Day?
I think one thing the media fails to do, except around this holiday, is romanticize sex enough. We actually tend to cast it as something very separate from the rest of ourselves, something that should be amazing with relatively little effort, some quick moves, a couple hot spots hit and a lot of goals in mind. The bigger picture is that it's about emotions and what's really going on in the relationship. We have to spend more time thinking about the basics — how love and romance make for a better sex life.

Finding love in all the new places

Love, while much celebrated, remains depressingly elusive. According to research by two scholars, finding it is only slightly easier than finding aliens.

According to the famous Drake equation from 1961, there's a 0.000003 per cent chance that extraterrestrials exist. Peter Backus, a PhD student at the University of Warwick in the U.K., used the same formula to calculate the chances of finding a girlfriend who is in his age range (24-34), has a university degree, lives in the U.K., is single and finds Backus attractive. Backus' depressing finding: There are 26 women in the entire United Kingdom who could conceivably become his girlfriends. That's a 0.0000034 per cent chance.

Raymond Francis, a space researcher at the Royal Military College in Kingston, Ont., comes to a similar conclusion using Drake's formula, which takes the size of the population and divides the likelihood of extraterrestrial life by several factors. "But willingness to move increases your odds of finding love", he advises. "You may be willing to move to the other side of Canada, but you might not be willing to moving to another continent."

Fortunately, reality beats the equations' depressing odds.

"Since humans started looking for extraterrestrials 50 years ago, we haven't found any", notes Francis.

"But almost everyone here in Kingston has found a partner, because with enough time, the odds of an unlikely event improve. And despite occasional disappointment and resignation, people are remarkably persistent in their search for love."

METRO WORLD NEWS

Researchers didn't check out the odds on aliens finding

IS FINANCIAL FREEDOM IN YOUR FUTURE?

Fun and Frugal

LESLEY SCORGIE
MONEY@METRONEWS.CA

In the age of consumption it almost seems blasphemous to not want to spend. That's why we've found ways you can be frugal while still having some fun.

I furnished my entire house for less than $3,500; and it's been featured in Canadian home buying articles for its classiness and style. Rather than spending a small fortune on brand new furniture, I hit up eBay, Craigslist, auctions, garage, estate and going-out-of-business sales. I scored my dining-room table for $50, TV stand for $8, stove for $60, bedroom set for $600 and gorgeous couches for $500. Most items were unused and still in their original wrapping.

You can still be frugal without haggling store clerks or sacrificing your image.

I have nice outfits, a spacious house, a cool car, and I take a sweet vacation each year.

But, I never pay full price for anything.

Savvy spending saves me time and money because I know when, where and how to shop.

The best time to shop is when there are sales; so sign up for email notifications and watch for red or yellow clearance signs.

Last minute travel deals, for example, are advertised on websites and by spam email.

If what you want isn't marked down, ask for a discount — yes, this actually works, especially when you're paying in cash.

"Being an overzealous, debt-ridden shopaholic is unhealthy and won't help you achieve financial independence"

The best places to shop are those where you can buy on-sale high quality goods.

Many reputable auction houses, for example, offer superior products at bargain prices like cars, furniture and art.

Using discretion, avoid products that have a reputation for shoddy workmanship; they'll break and likely cost you more in the long run.

The best way to shop is to first determine whether you actually need the product or just want it.

If you don't need it, don't buy it; no matter how good the sale is.

Being an overzealous, debt-ridden shopaholic is unhealthy and won't help you achieve financial independence.

A good deal you can't afford is never a good deal.

But, if you're primed for a purchase, try paring down (choose the iPod Shuffle vs. the Nano) or buy "used" through reputable online websites.

For regular household items, buy in bulk or shop in stores with concrete floors. Last, sign up for loyalty programs so you can collect points — everyone loves freebies!

The more you save, the bigger your net worth grows, getting you closer to financial freedom — and that's a future you really want to afford.

Lesley Scorgie is the bestselling author of Rich by Thirty: A Young Adult's Guide To Financial Success and Rich by Forty.

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Be wary of gift cards

Gift cards are a convenient, affordable way to give gifts to friends and family yet they can have certain limitations that may not always be obvious at the point of sale.

Ask the salesperson if the card has an expiry date or any other limitations such as only being applicable to regularly priced items.

Rules about gift cards vary.

You can check the policy in your province by visting the website ConsumerInformation.ca. It can tell you exactly what the rules are.

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Brazil soars over Chile

Three different players score for Brazil as Chile becomes South America's first casualty Win sets up a date with the Dutch in the quarters

MICHAEL STEELE/GETTY IMAGES

Luis Fabiano of Brazil jumps over Claudio Bravo of Chile to score.

BRAZIL	CHILE
3	0

Goal Scorers: Brazil: Juan (34th), Luis Fabiano (38th), Robinho (59th)
Shots: Brazil: 17; Chile: 15
Shots on Goal: Brazil: 6; Chile: 2
Attendance: 54,096

Juan, Luis Fabiano and Robinho scored as Brazil moved closer to a sixth World Cup title, beating South American rival Chile 3-0 yesterday to reach the quarter-finals.

Juan gave his team the lead in the 35th minute with a firm header from a corner, sending the ball into the upper left corner and past the outstretched arms of Chile goalkeeper Claudio Bravo.

Luis Fabiano added to the lead from a fast breakaway in the 38th, receiving a one-touch pass from Kaka and dribbling past Bravo inside the area before scoring into an open net. Robinho started the play with a run on the left side before finding Kaka at the edge of the area.

Robinho then scored his first goal of the tournament with a shot from the edge of the area in the 59th, receiving a pass from Ramires and shooting inside the far post.

It was Robinho's seventh goal in Brazil's last six matches against the Chileans.

Brazil will next face the Netherlands, which beat Slovakia 2-1.

Chile became the first of the five South American teams to be eliminated from the World Cup. Argentina, Paraguay and Uruguay are still in the tournament along with Brazil.

"We leave the tournament knowing that we gave everything on the pitch," Bravo said. "We are a very fragile team at times. We attack very well, but we have to know when to defend."

Brazil has now reached the quarter-finals of the World Cup every time since 1990.

THE ASSOCIATED PRESS

Netherlands doubles Slovakia

23

The Dutch extended their team-record unbeaten streak to 23 games with help from goalkeeper Maarten Stekelenburg, who made two key saves in the 67th.

LAURENCE GRIFFITHS/GETTY IMAGES

Arjen Robben celebrates.

Arjen Robben and Wesley Sneijder scored yesterday to give the Netherlands a 2-1 win over Slovakia and a spot in the World Cup quarter-finals.

The Dutch went ahead in the 18th minute, when Robben cut inside from the right flank and scored from 20 yards. Sneijder added a second goal into an empty net in the 84th.

Netherlands goalkeeper Maarten Stekelenburg preserved the win with two key saves in the 67th, and the Dutch extended their team-record unbeaten streak to 23 games.

Robert Vittek pulled one back for Slovakia from the penalty spot in injury time.

THE CANADIAN PRESS

Portugal promises to attack

PORTUGAL SPAIN

Time: 2:15 p.m. ET
Channel: CBC

Portugal's coach promised attacking soccer ahead of his team's round of 16 match against Spain today, predicting the first-ever meeting between the neighbouring countries in a World Cup would be one of the highlights of the tournament.

A confident Carlos Queiroz said Portugal was ready to "take some risks" after 0-0 draws in the first round against Ivory Coast and Brazil. Spain is the reigning European champion and a World Cup favourite, but has been frustrated by packed defences in South Africa.

Midfield playmaker Deco could return for Portugal after missing two matches with a right hip injury, but Danny and Duda are unlikely to play after picking up injuries against Brazil. Spain, meanwhile, is monitoring Xabi Alonso, who returned to training yesterday from a right-ankle sprain.

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KEVIN C. COX/GETTY IMAGES

All-star Chris Bosh

Raps GM: Bosh likely to leave

Chris Bosh's departure from the Toronto Raptors sounds like a done deal.

General manager Bryan Colangelo told Toronto all-sports radio station the FAN 590 yesterday that he expects the all-star forward to leave as a free agent.

Making his strongest statements yet on the subject, Colangelo added that he was hopeful Bosh would help the Raptors get something in return.

THE CANADIAN PRESS

4 sports

Sports in brief

1 Justin Morneau leads all-star vote for first base.

2 Cubs pitcher Carlos Zambrano will be placed on the restricted list.

3 Cincinnati Bengals receiver Chris Henry suffered from a chronic brain injury, research said.

THE ASSOCIATED PRESS

Scan for code for sports news

Wimbledon in pictures

PHOTOS
1. CLIVE BRUNSKILL/GETTY IMAGES
2. MATTHEW STOCKMAN/GETTY IMAGES
3. MATTHEW STOCKMAN/GETTY IMAGES
4. HAMISH BLAIR/GETTY IMAGES

1 Andy Roddick was stunned in the fourth round at Wimbledon by 82nd-ranked Yen-hsun Lu of Taiwan.

2 Serena Williams overcame Maria Sharapova to reach the quarters and avenge her loss to the Russian in the 2004 final.

3 Roger Federer swept past 16th-seeded Jurgen Melzer 6-3, 6-2, 6-3 to reach his 25th consecutive Grand Slam quarter-final.

4 Rafael Nadal beat Paul-Henri Mathieu in three sets and showed no sign of the right knee trouble that bothered him previously.

Basketball world waits on King James

Free agency deadline coming up Thursday ● James' decision will impact where others, including Chris Bosh and Dwyane Wade, end up

GREGORY SHAMUS/GETTY IMAGES

▶ LeBron James becomes a free agent Thursday.

Hey LeBron, make up your mind!

That's what everyone from the people drafting the schedules to the ones designing the video games might be thinking once free agency opens at 12:01 a.m. ET Thursday. Because even though deals can be signed as early as July 8, few expect much action until LeBron James decides what he is going to do.

"We don't know how long the process is going to be, but the dominoes sort of have to fall," Wizards president Ernie Grunfeld said. "The top of the heap is LeBron, and depending on what he does I think will dictate the rest of free agency."

James is the biggest prize among what's considered the deepest free agency class ever. Dwyane Wade and Chris Bosh join the two-time MVP at the top of the list, with perennial all-stars Amare Stoudemire, Joe Johnson and Dirk Nowitzki among the names likely to hit the market.

James is expected to begin welcoming his suitors to Ohio on Thursday, and perhaps he'd even decide that day — if he hasn't already — whether he's staying with Cleveland or moving on to chase a title elsewhere.

"I think on behalf of our teams, that they'd like to sell tickets wherever he is, whether it's in Cleveland or someplace else."
DAVID STERN, NBA COMMISSIONER

And the Cavaliers aren't the only ones waiting on his answer.

"I think on behalf of our teams, that they'd like to sell tickets wherever he is, whether it's in Cleveland or someplace else," NBA commissioner David Stern said recently.

Besides the Cavaliers, the Chicago Bulls, Miami Heat, New York Knicks and New Jersey Nets are considered leading candidates for James and the other top free agents.

New York can afford to sign two players from James' class to maximum-salary contracts, which will start around $16.5 million US next season. Mired in a franchise-worst stretch of nine straight losing seasons, the Knicks could land any combination of big names and it would be an upgrade over what they've had lately.

But even if they find multiple players who want to come to New York, the Knicks may be hesitant to commit until they know they're out of the running for James.

Same with the Heat, who need to come away with someone so they don't risk losing Wade.

So the Knicks even have to put off their own all-star free agent, forward David Lee, while waiting on James.

"I think every deal is going to have its own little time. Some hung up on LeBron, some not," said Mark Bartelstein, Lee's agent.

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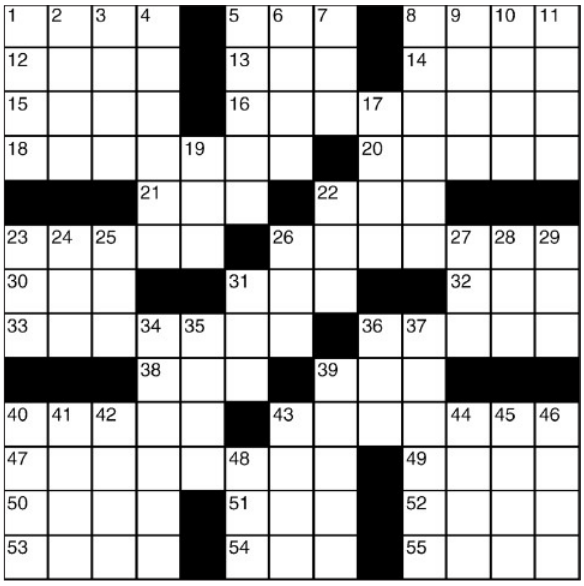
In the hunt

A look at the teams that could pursue LeBron.

- **CHICAGO BULLS** If James doesn't mind playing in Jordan's old home, he may find his best chance to win is there.
- **CLEVELAND CAVALIERS** The Cavs have to count on his loyalty to home.
- **LOS ANGELES CLIPPERS** There's certainly reasons for James to be intrigued by the Clippers, but just as many to be scared off by them.
- **MIAMI HEAT** Dwyane Wade and James both have talked about playing with each other, and here's their chance. But James would have to be sold they could build a competitive roster.
- **NEW JERSEY NETS** The Nets might be the favourites if they were already in Brooklyn. But playing near New York isn't the same as playing in New York, and the difference might be enough to make James look elsewhere.

Crossword



Across

1 Open slightly
5 Knock
8 Speedy steed
12 Equine crossbreed
13 Ram's mate
14 Zilch
15 Use 18-Across
16 Prefixed explanation
18 Windows feature
20 Red Sea land
21 Science workshop
22 Meadow
23 Refine
26 Hasp fastener
30 Feedbag tidbit
31 Curse
32 Weeding tool
33 Tetanus
36 Askew
38 Promptly
39 Larry and Curly's pal
40 Foolish folks
43 Mandible
47 Nitwit
49 Vicinity
50 Carrier to Tel Aviv
51 Eggs
52 Afternoon affairs
53 Journals
54 "Platoon" site
55 Catch sight of

Down

1 "So be it"
2 Martial art
3 Settled down
4 Narrate anew
5 Habit-kicking program, for short
6 Dumbfounded
7 Shell game need
8 Temper, as metal
9 Leeway
10 Initial stake
11 Existed
17 Changed the color
19 Butter serving
22 Remiss
23 Scale member
24 Long March leader
25 And so on (Abbr.)
26 "Wham!"
27 Discoverer's cry
28 Swindle
29 Frat party container
31 Manhandle
34 Prepares to pray
35 Tease
36 "Holy moley!"
37 Money-back deal
39 Sir's counterpart
40 First victim
41 One's performance
42 Unforeseen woe
43 Morning beverage, slangily
44 Raw rocks
45 Tide variety
46 Simple
48 Very long time

▶ Yesterday's answer

C	O	M	B		D	U	B		E	Z	R	A
A	L	A	R		E	R	E		N	O	O	N
M	I	L	O		V	I	R	T	U	O	S	O
P	O	I	N	T	E		G	E	R	M	A	N
			C	O	L	A		D	E	L		
D	O	L	O	R	O	S	O		D	E	M	O
I	D	O		S	P	I	N	E		N	U	N
E	E	L	S		S	A	R	G	A	S	S	O
		L	U	G		N	E	A	P			
S	O	I	R	E	E		C	D	R	O	M	S
E	S	P	R	E	S	S	O		O	M	A	N
A	L	O	E		S	I	R		N	I	N	A
R	O	P	Y		E	N	D		S	T	E	P

Sudoku

8		7	3		9	1		6
		6				8		
	4						3	
		5	8		4	2		
3								1
		2	9		6	7		
	8						2	
		4				9		
5		1	7		2	3		4

How to play

Fill in the grid, so that every row, every column and every 3x3 boxcintains the digits 1-9. There is no math involved.You solve the puzze with reasoning and logic.

Yesterday's answer ▶

7	1	2	4	5	6	3	9	8
6	4	8	9	1	3	2	7	5
3	9	5	7	8	2	4	1	6
9	2	3	1	6	4	5	8	7
1	5	4	8	9	7	6	2	3
8	7	6	3	2	5	9	4	1
4	8	1	6	3	9	7	5	2
2	3	9	5	7	1	8	6	4
5	6	7	2	4	8	1	3	9

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Show some love! Send a note to somebody special at kiss@metronews.ca

Thanks to everyone for the birthday wishes. It's so nice that everyone took a moment to think of me yesterday
HAILBAIL

Francesco this Metro Kiss is just for you.
LAI XO...

Adam and Sophia: Summer is here, we are going to have so much fun! Love you both very much
MOMMA XOXOX

I love you Ahamad!
L XO...

You're an amazing Mom. Good luck on Wednesday.
LOVE, CHRISTINE

How did I get so lucky?
XO MARIA

Dear Brut, Congrats on the new ta-tas
WONDER WOMAN

The Weather Network ©The Weather Network 2010

Today	Wednesday	Thursday
Showers 40%	Variable	Showers 40%
20° / 12°	17° / 11°	18° / 13°

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aires March 21-April 20 If you need to make changes on the home front then now is the time. In fact, if you don't make changes soon something will force you to change.

♉ Taurus April 23-May 21 Your awareness of how quickly time passes and how much needs to be done will motivate you to cram as much as you can into the next 24 hours. But don't overdo it.

♊ Gemni May 22-June 21 | What you achieved yesterday and the day before may have been good but it is what you achieve today and tomorrow and the day after that which matters. Set your sights high and get cracking.

♋ Cancer June 22-July 22 Whatever you want most out of life you will find a way to get over the next few weeks, and you won't let anything stand in your way.

♌ Leo July 23-Aug.23 For your own peace of mind you need to carve out some time when you can be on your own.

♍ Virgo Aug. 24- Sept. 22 You will meet someone today who has remarkable ideas, the kind of ideas that can inspire you to accomplish great things.

♎ Libra Sept. 23-Oct. 23 Play by the rules and resist the urge to cut corners, even if you are certain that you won't be caught. It's not those in authority you most need to worry about but the bad feeling you will get from your own conscience.

♏ Scorpio Oct. 24-Nov. 22 Throw caution to the wind and do whatever it takes to make your mark on the world. Aim to be first in everything and before the Sun dips below the horizon your name will be on everyone's lips – hopefully for the right reasons.

♐ Sagittarius Nov. 23-Dec. 21 If you have made any promises in recent weeks then you will be expected to deliver on them today, no matter how difficult that might be.

♑ Capricorn Dec. 22-Jan. 20 Like it or not other people will have the last say as to where you can go and what you can do over the next 24 hours. That might not sound appealing but you will just have to put up with it – for now.

♒ Aquarius Jan. 21-Feb. 18 Cosmic events in the work and well-being area of your chart urges you to make detailed plans before embarking on anything new. Make sure you research all the pros and cons before starting a new fitness regime.

♓ Pisces Feb. 19-March 20 You will find yourself in a position of power today, and that's nice, but the extra responsibility will also bring a certain amount of stress. Do you think you can handle it? If not, that's okay.

SALLY BROMPTON

SCHALK VAN ZUYDAM/THE ASSOCIATED PRESS

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Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

MARTIN MEISSNER/THE ASSOCIATED PRESS

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